



Warm Up: **Cardio Day!**

- 40 MB Monster Walks(ttl)
- 30 External Steps(ttl)
- 30 Dorsiflex Heel Steps(ttl)
- 10 Walking Cradles(ea)
- 20 A Skips(ea)
- 10 B Skips(ea)
- 10 C Skips(ea)

Foam Rolling

- Glutes/Hip Flexors
- Hamstrings/Calves

“The Stretch”



Optional Baseline!

- 400m Run



E9MOM: 4-5 Rounds

- 400-800m Run

OR

- 500-1000m Row

Into →

- 8-20 Cals Biked
- Db Goblet Carry
 - 10 Shuttles



May 21st

Audio

